

# LONDON metro®

**\$22 MILLION**  
estimated



**Friday's  
Jackpot**



## MOVE OVER, WONDER WOMAN

THE WORLD'S NEWEST  
SUPERHERO IS THE BURKA  
AVENGER, FIGHTING  
FOR PAKISTANI GIRLS'  
EDUCATION

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## The fabness of Prince George

A certain city in British  
Columbia is very happy  
with the new royal  
baby name

PAGE 4

## All that glitters and then some

Break out the boas and  
rhinestones: A  
guide to strutting  
your stuff at  
Sunday's Pride  
parade

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## Hotel swell

Staying in an iffy one-star to  
cut costs on your summer  
trip? A few simple,  
economical gadgets will  
add a touch of swank

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# Overachievers wanted at this Knight school

## London Knights Hockey Academy.

Hunter brothers  
launch school aimed  
at grooming next-gen  
hockey greats

By the numbers

**\$16,900**

Annual tuition for kids  
attending the new London  
Knights Hockey Academy.



**SCOTT  
TAYLOR**  
scott.taylor@metronews.ca

The London Knights are  
a family affair on the  
ice, owned, operated and  
coached by Mark and Dale  
Hunter.

Now that family empire  
is expanding into academics,  
with the creation of the London  
Knights Hockey Academy,  
a private school that  
will be a blend of schoolwork  
and hockey for students in  
Grades 6 to 12.

Students will take part in  
off-ice training sessions, on-  
ice curriculum jointly over-  
seen by the London Knights  
coaching staff and Total  
Package Hockey (TPH), video  
sessions put on by Knights  
coaches and personalized  
academics taught by Blyth  
Academy.

It will replace Premier

Elite Athletes Collegiate,  
which had been operating at  
the Western Fair Sports Cen-  
tre since September 2010.

"We're excited about  
working with the two part-  
ners here ... to develop these  
young men from school and  
the hockey side," Knights  
coach and general manager  
Mark Hunter said.

TPH director Dwayne  
Blais said students will get  
top-quality instruction on  
the ice and in the classroom.

"We've got a lot of differ-  
ent skill sets at our school,"  
he said. "The big thing for us  
is we just want kids who are  
motivated, both academically  
and athletically."

The academy idea isn't  
unique: The Barrie Colts run  
a similar academy, for ex-  
ample. Rather, it's a move in  
the natural evolution of the  
organization, Knights lead-  
ers said.

The classroom will be  
small, with only eight to 10  
students, and the scheduling  
will be flexible.

"Based on the block teach-  
ing system of two courses per  
term, we're able to weight  
classes for the morning or  
the afternoon, depending  
on the practice or the game  
schedules," said Cameron  
Harvey, vice-president of ad-  
missions and recruitment at  
Blyth.

Blyth Academy London  
will oversee all academic  
learning for Grades 6 to 12  
with Grades 6 to 8 operat-  
ing out of the Western Fair  
District and Grades 9 to 12  
operating out of Ignatia Hall  
at the Mount.

Blyth Academy will have  
an open house from 5 to 7  
p.m. on Aug. 20.

Knights coaching staff,  
players, TPH instructors and  
Blyth teachers will be on  
hand at Ignatia Hall to pro-  
vide information, answer  
questions and give tours of  
the centre.

Online

For more local news  
go to [metronews.ca](http://metronews.ca)



## GROUP HUG!

Kids taking part in the Timpany Soccer Tournament show their appreciation on Wednesday for volunteer Teri Timpany, centre. The annual event is in memory of Jordan Timpany, Teri Timpany's son, who died suddenly in 2009 from, it is believed, a rare heart condition. The tournament's winners were, at the junior level, Sir Wilfrid Laurier Public School, playing as Norway, and, at the senior level, Westmount Public School, who took on the colours of Colombia. MIKE DONACHIE/METRO







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to impress

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DRUG MART



\*NO PURCHASE NECESSARY. Contest begins on July 13, 2013 at 9:00:00 a.m. EST and closes August 11, 2013 at 11:59:59 p.m. EST. Open to legal residents of Canada who have reached the age of majority in their province or territory of residence. Contest cards containing a unique PIN code will be given out in-store until August 9, 2013, or while supplies last, whichever comes first. PIN code must be entered at [shoppersdrugmart.ca/summer](http://shoppersdrugmart.ca/summer) by August 11, 2013 11:59:59 p.m. EST. To receive a contest card, while supplies last, customers must make a purchase of \$10 or more on eligible products after discounts and redemptions of any Shoppers Optimum Points®, coupons or promotional gift cards and before taxes at participating Shoppers Drug Mart stores between July 13 and August 9, 2013. Eligible products exclude prescription purchases, products with codeine, tobacco products (where applicable), stamps, passport photos, lottery tickets, event tickets, transit tickets and passes, gift cards, prepaid phone cards, prepaid card products and purchases at Shoppers Home Health Care locations. Limit one contest card per eligible transaction regardless of total dollar value of transaction. Customers can also earn one (1) Bonus Entry for each participating product purchased using a valid Shoppers Optimum Card® between July 13 and August 9, 2013 and who have registered their PIN code and their Shoppers Optimum Card online by August 11, 2013 11:59:59 p.m. EST. Maximum of sixty (60) entries per person, including all Bonus Entries. There are three (3) Grand Prizes available to be won, each consisting of \$5,000. The odds of winning a Grand Prize will depend on the total number of eligible entries received. Correct answer to skill testing question required. For full contest details, including how to obtain PIN codes and Bonus Entries without a purchase, and a list of participating products for Bonus Entry, visit [shoppersdrugmart.ca/summer](http://shoppersdrugmart.ca/summer), or see cashier for details.



# If you can't win, why run?

**It's the thought that counts.** London West byelection underdogs reveal why they are in the race

**MIKE DONACHIE**  
mike.donachie@metronews.ca

They're not going to win. The London West byelection may be hotly contested among the bigger parties, but bringing up the rear are the quiet ones.

Call them underdogs if you want, but don't call them losers. Each says he has a valid reason for being on the ballot, whether it's a desire to lead or a tactic for spreading their party's message.

Geoff Serbee, the 24-year-

## Also on the ballot

- Ali Chahbar, Progressive Conservative
- Ken Coran, Liberal
- Peggy Sattler, New Democrat

old Libertarian Party candidate, openly acknowledges where he sits.

"I'm probably not going to win here," he said.

"Our campaign goal," he explained, "is to get our party's name out there so people understand what we're about."

The Libertarians share a platform of fiscal responsibility with the Freedom Party, whose London West candidate, Al Gretzky, said smaller

parties can stand up for what is right, and speak for people and not for parties.

"You have to fight for the changes — not from afar but from right there in the firing line," he said. "You always enter a race hoping to win. Perhaps you don't get elected, but at least you can begin to convince others to see that things need to change, and maybe from among them, some will emerge to make the big step to being elected in the future."

But Green Party candidate Gary Brown refuses to accept that he's near the bottom of the pile.

That party took 10 per cent of the vote in the riding during the previous general election.

"London West is not a dream," he said. "It can be done."



Geoff Serbee, an IT worker who's representing the Libertarian Party in the London West byelection, might be surrounded by campaign signs from other candidates but, as of yet, he has no signs of his own dotting the riding. He plans to change that next week, with the byelection only seven days away. MIKE DONACHIE/METRO

## Here they go again: Rock the Park turns it up to 10



Crews were hard at work Wednesday setting up the stage for Rock the Park. The three-day festival takes over Harris Park on Thursday. SCOTT TAYLOR/METRO

It's only rock 'n' roll, but thousands are going to like it this weekend as London's own Rock the Park turns 10.

The city's homage to head-banging opens the curtain on its 10th year on Thursday for three days of rock that turns back the clock.

That's not a bad thing. It's called "classic" rock for a reason.

Getting everything built and organized for the festival is a labour of love for many.

One of those people is marketing director Alycia McComb, who was only half-joking on Wednesday when

## Good tunes, good cause

# \$1.5M

Approximate amount of money raised over the previous nine years for Bethany's Hope Foundation

she said she would be living in the park for the next three days.

Not that she was complaining. Even the organizers free themselves from the bonds of responsibility for at least a little while to enjoy the tunes.

"I always make sure to take a little time to sit back and look at the crowd and see it all come together and see people happy and dancing and enjoying their favourite bands," she said. "I remember once sitting on the bus and looking out at the crowd and seeing people go for miles almost in the park. It was a good feeling."

About 9,000 fans a night will likely second that emotion as the Tragically Hip, Styx, Whitesnake, Journey and many other bands let the good times roll.

Check rockthepark.ca for tickets. SCOTT TAYLOR/METRO

## Yearlong investigation

### Alleged tag artist tagged by police

A 19-year-old London man is facing mischief charges after a lengthy police investigation.

The probe started in June 2012 after cops began noticing the graffiti tags "CHEW" and "ADV" (All Day Vandals) in Old South and downtown.

Wesley Demmerling has been arrested and charged with 21 counts of mischief under \$5,000, police said Wednesday.

METRO

## Temps sought

### Job fair to fill Western Fair spots

The Western Fair District is having a recruitment event to find workers for this year's fair, slated for Sept. 6 to 15.

Upwards of 350 temporary positions are expected to be filled from applications submitted from 10 a.m. to 2 p.m. July 31 at the Agriplex (845 Florence St.).

Applications will be available on site. They can also be printed and filled out in advance from westernfairdistrict.com. METRO

## Four-month positions

### City hall to take on interns

The city is launching a paid internship program focused on providing jobs for people with disabilities, new immigrants and recent post-secondary graduates.

Six four-month internships will be offered annually starting in the early fall and at the first of the year.

The first postings will be made in mid-August. Details are available on the city's website, London.ca.

METRO

## Flyers app

### Reebie makes its way to BlackBerry

An app created by two London natives has seen its success continue after its launch on BlackBerry.

Reebie, which brings together flyers and delivers them electronically to smartphones and tablets, has seen 10,000 downloads on BlackBerry in just four days.

Tobias Dankiewicz and Michal Martyniak, both 24, have been developing their app and startup company in California. METRO

## Two-year-old

### Car dealership finds toddler on daycare bus

Police say they won't be laying charges after a two-year-old boy was left alone on a London daycare centre's bus for almost an hour.

The boy was discovered after the daycare's bus was taken to a car dealership for repairs Monday morning. Police say the boy was unharmed. They believe he may have fallen asleep and was overlooked by daycare staff. THE CANADIAN PRESS

# 1 NEWS

## Spain. High-speed train derailment kills dozens

A passenger train derailed on a high-speed stretch of track in northwestern Spain on Wednesday night, killing at least 35 people and leaving dozens injured in the country's worst rail accident in decades, officials said.

Authorities gave different death tolls in the immediate aftermath, ranging from 35 to 56.

State-owned train operator Renfe said in a statement that 218 passengers and an unspecified number of staff were on board at the time of the accident.

"The train was going at

a very fast speed and in the curve it went off the tracks, it overturned," Sergio Prego, a passenger on the train, told the Cadena SER radio station.

A photographer at the scene said he saw dozens of what appeared to be dead bodies being extracted from the wreck by emergency workers.

TV footage showed one wagon pointing upwards into the air with one of its ends twisted and disfigured. Another carriage that had been severed in two could be seen lying on a road near the track.

THE ASSOCIATED PRESS

## Aboriginals lost. Premiers call for public inquiry into missing, murdered women

Provincial and territorial leaders are backing calls for a national public inquiry into missing and murdered aboriginal women and girls, ratcheting up the pressure on Prime Minister Stephen Harper to follow suit.

There was support for an inquiry among those who met with aboriginal leaders on Wednesday ahead of the Council of the Federation meeting, said Premier Kathleen Wynne, who will be leading the premiers' summit Thursday.

"The premiers at the table agreed to support the call of the (National Aboriginal Organizations) for a national public inquiry in this very, very important issue," she said following the meeting.

Alberta Premier Alison Redford and Newfoundland Premier Kathy Dunderdale were not at the meeting Wednesday, but Wynne said that doesn't mean they don't sup-

### Power and profile

"This is an important expression of support."

Shawn Atleo, National Chief of the Assembly of First Nations

port an inquiry.

"There were reasons why they couldn't be at the table, but certainly I will be speaking to them and asking them," she said.

But Michele Audette, president of the Native Women's Association of Canada, said their absence speaks volumes.

"It's probably for me, my perception or interpretation, that they're sending a message saying they're not in support," she said.

Aboriginal leaders praised the attending premiers for supporting the cause, hailed as a major step in their crusade. THE CANADIAN PRESS

### By George, we're famous!

## Royal baby bumps Prince George, B.C.

What does Prince George think of Prince George?

"Well there's always excitement around a new baby, especially one that shares your name," said Shari Green, mayor of Prince George, B.C.

On Wednesday, the Duke and Duchess of Cambridge announced their newborn son would be named George Alexander Louis — or just Prince George to his friends. Green said the royal

bump couldn't come at a better time.

"We're celebrating 100 years (as a) city, 25 years of the university ... and hosting the Canada Winter Games," she said.

The mayor will be extending a formal invitation to the Cambridge trio for the festivities. City staff are also preparing a care package for the royal tot — including a "little onesie with Prince George on it," she said.

"The mayor of Prince Rupert I'm sure is a little bit disappointed today," she joked. LUKE SIMCOE/METRO ONLINE



A Pakistani schoolgirl, displaced from the country's tribal areas due to fighting between militants and the army, removes her shoes before entering her classroom in a poor neighbourhood on the outskirts of Islamabad. MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

# Burka ninja says to stay in school

**Pakistan.** Cartoon sees superheroine fight to keep girls' school open

Wonder Woman and Supergirl now have a Pakistani counterpart — one that shows a lot less skin.

Meet the Burka Avenger: a mild-mannered teacher with secret martial-arts skills who uses a black burka to hide her identity as she fights local thugs seeking to shut down her girls' school.

Sadly, it's a scenario Pakistanis are all too familiar with. The Taliban have blown up hundreds of schools and attacked activists who support girls' education.

Action in the Burka Avenger cartoon series is much more lighthearted. The bumbling bad guys evoke more laughter than fear and are no

match for the Burka Avenger, undoubtedly the first South Asian ninja who wields books and pens as weapons.

The Urdu language show is the brainchild of one of Pakistan's biggest pop stars, Aaron Haroon Rashid, who conceived of it as a way to emphasize the importance of girls' education and teach children other lessons, such as not discriminating against others.

The main bad guys are Vadero Pajero, a corrupt politician, and Baba Bandook, an evil magician meant to resemble a Taliban commander.

In one episode, Bandook builds a robot to take over the world's major cities. As he outlines his plan, one of his minions asks, "But how will we get visas to go to all those places?" — a reference to how hard it can be for Pakistanis to travel, given their country's reputation. THE ASSOCIATED PRESS

### Didactic derring-do

"Each one of our episodes is centred around a moral, which sends out strong social messages to kids. But it is cloaked in pure entertainment."

Show creator and pop star Aaron Haroon Rashid

### Dress to repress?

**Burka brings controversy, but imagine spandex**

The decision to clothe the superhero in a black burka — also often spelled burqa, a full-length robe commonly worn by conservative Islamic women in Pakistan and Afghanistan — could raise eyebrows because some people view the outfit as a sign of oppression.

The Taliban forced women to wear burkas when they took control of Afghanistan in the 1990s.

The version worn by the Burka Avenger shows only her eyes and fingers — though it has a sleeker, more ninja-like look than the bulky robes of an actual burka.

Rashid, who is certainly no radical Islamist, said he used a burka to give a local feel to the show, which is



The Burka Avenger cartoon, set to run on Geo TV in early August. SEBASTIAN ABBOT/THE ASSOCIATED PRESS

billed as the first animated series ever produced in Pakistan.

"It's not a sign of oppression. She is using the burka to hide her identity like other superheroes," said Rashid.

"Since she is a woman, we could have dressed her up like Catwoman or Wonder Woman, but that probably wouldn't have worked in Pakistan."

THE ASSOCIATED PRESS



In pictures



Pride London hits its full stride this weekend with the outdoor festival starting Friday and the granddaddy of them all — the Pride parade — on Sunday. Metro figured it would be a good time to give newcomers to Pride a few style tips. And when it comes to matters of style, there's no better teacher than a drag queen. Here's some pointers from Miss Pride London Kirstyn Glace:

**1 Umbrella.** These rain protectors may not seem very spirited, but don't let their bland appearance fool you. Umbrellas are the perfect tool to have in hand during a Pride parade — protecting you from possible rain, harsh sunlight or a stray water-gun blast.

**2 Rainbows.** Whether it's through a flag, a hat or an entire multicoloured outfit, you can't go wrong flaunting a rainbow at any Pride event.

**3 Feather boa.** These feathery neckpieces have seen some ups and downs. First popularized in the 1820s, feather boas became fashionable again in the early 1900s, and were once more trendy when glam rock and disco hit the 1970s. Today, they're a staple at Pride festivals.

**4 Rhinestones.** If you want a look that reflects your sparkling personality, rhinestones are the way to go. You can stick the shimmering fake jewels all over your body. If they catch the sun the right way, you suddenly become a talking, walking light show.

KEVIN HURREN/FOR METRO

# Forget Britain! We have our own royals

## Crowns and tiaras.

Miss London Pride has some advice for the drag kings and queens as they prepare for Friday's competition

KEVIN HURREN  
london@metronews.ca

Like many things in the gay community, everything for Dwayne Mills started with Madonna.

For Halloween, a 16-year-old Mills decked himself out with Madonna's blond wig and diva attitude. After being asked to replicate the outfit and perform at a charity event, he never looked back.

Eighteen years later, Mills is widely known as Miss Kirstyn Glace — a drag queen who is the reigning Miss London Pride.

Last year, the Sault Ste. Marie native took the title for the third time at the Mr. and Miss Pride London show. On Friday, Mills will be handing the sash and crown to someone else at the annual competition in Victoria Park.

Though audiences will see only the glitter and shine when the performances begins at 7 p.m., it's anything but glamorous behind the scenes.

"It's very stressful, the amount of work we have to do to get ourselves ready," Mills said about the three- to six-hour process.

As the drag kings and queens prepare their costumes, wigs and makeup for the competition, Mills advises them to remember that drag is much



Miss Pride London 2012 Kirstyn Glace and Mr. Pride London William Thomas are pictured before last year's Pride London Festival parade. ANGELA MULLINS/METRO

more than just the look.

"It's the professionalism," Mills said. "You have to know your character, know your words and know your moves."

The Mr. and Miss London Pride competition is a series of drag shows, with queens and kings lip-synching to a variety of songs.

There are only six people in this year's competition, but,

## Want more pride?

- For a full look at what's happening during the festival, click on over to [pridelondon.ca](http://pridelondon.ca) or check Metro daily for updates.

steadily.

"A few years ago it was just a handful of us, but within the last two years they've been coming out of the closet like you wouldn't believe," Mills said.

The real money is to be had in big-city shows, Mills said, so queens and kings often move to places like Toronto for more opportunities.

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[www.timbercreekrentals.ca](http://www.timbercreekrentals.ca)

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July 26-28<sup>th</sup>





# Mom's more plugged in than you think



Despite the fact that moms are heavily engaged online, preconceptions that they're not interested in technology remain, researchers say. ISTOCK

**Social media.** Far from being tech-challenged, demo ranks among 'most social consumers you'll meet,' report says

Forget the outdated stereotype of the tech-illiterate soccer mom. Twenty-first-century moms are increasingly becoming one of the most digitally savvy cohorts in Canada, according to a recently released report backed by data from measurement firm comScore and online surveys.

The 2013 Canada Social Mom report, published by the parenting website BabyCenter, calls today's plugged-in moms "the most social consumers you'll meet."

The report suggests 93 per cent of Canadian moms who use the Internet are logging into

social networks every month. Tablet ownership among moms was up nearly 100 per cent in the past year. And mothers were found to be two and a half times more likely to prefer checking their social media feeds on a smartphone rather than using a computer.

Researchers have been watching Canadian moms dramatically increase their Internet usage for years now, but preconceptions that they're not interested in technology remain, said Gagan Sharma, research director for Mom Central Consulting, which has offices in Toronto, Boston and New York.

"Despite the fact we see that moms are heavily engaged online, they're tech savvy, they're engaged, we still find there is that perception where people don't understand that moms are actually leading the charge in a lot of ways," Sharma said.

**THE CANADIAN PRESS**

## U.K. currency

**Pride, prejudice and pounds: Austen to grace banknote**

Jane Austen will become the new face on England's 10-pound notes. The Bank of England chose the chronicler of 18th-century English country life as the new face of the note, bowing to critics who complained that the venerable institution was ignoring women on their currency.

**THE ASSOCIATED PRESS**

## Locally sourced food

**A farm-to-concert movement?**

This just might be music to foodies' ears. Concert promoter Live Nation is overhauling its U.S. concessions to serve only local produce and humanely-raised meats. Starting this week, all produce served at Live Nation's 38 U.S. amphitheatres will be sourced from roughly a 100-mile radius (about 160 kilometres) of each venue.

**THE ASSOCIATED PRESS**

## Wireless market

**Don't give Verizon special treatment, Rogers CEO says**

Big U.S. carriers like Verizon shouldn't be allowed to buy new Canadian wireless firms at discount prices while the big domestic carriers are barred from the same opportunity, the CEO of Rogers said Wednesday. Rogers welcomes competition but wants a level playing field, Nadir Mohamed told analysts. **THE CANADIAN PRESS**

## Market Minute

**DOLLAR**  
96.94¢ (-0.29¢)

**TSX**  
12,672.30 (-73.08)

**OIL**  
\$105.39 US (-\$1.84)

**GOLD**  
\$1,319.70 US (-\$15)

**Natural gas:** \$3.70 US (-4¢)  
**Dow Jones:** 15,542.24 (-25.50)

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# DON'T LIKE YOUR DATE? DELETE IT!

Is dating shrinking?

I feel like dating has gotten smaller, with less weight and consequence. The Book of Love has become a pamphlet.

I've been pondering what I've been pondering with my Brain because recently I discovered a smartphone dating app called Tinder, which condenses relationship hunting to its smallest, shallowest form.

Unlike other dating sites that get bogged down in details like what the person is like or whether they can speak English, Tinder just focuses on what you need to know: name, age, location, and looks. If it's good enough for your passport, it's good enough for your soulmate.

And many Tinder users conveniently add photographs that focus on areas below the neck, in case you're not a face person.

There is room to write a bio, but the box is barely big enough for a cigarette warning. If you like the person, you swipe to the



HE SAYS

**John Mazerolle**

metronews.ca

right. If you don't, to the left.

Essentially it's Goldilocks and The Three Bears if Goldilocks had grown up to be a player: Not hot enough! Too hot! Just right. Check!

There are all types on Tinder, but a typical woman on the site is a 22-year-old named Lauren (I swear, every fourth one is Lauren) who has a small dog, friends she poses with at clubs, a tendency to get a leg up when she takes selfies, and an inspirational quote that makes sense about 35 per cent of the time. ("Life is just in-between reality and fantasy, so love.")

If two people like each other, the app opens a chat window and you can start planning your wedding. If either person chooses "Nope," then neither side is the wiser.

Tinder removes all the depth from online dating, which is a bit like removing all the nutrients from a Twinkie or cutting the substantive scenes from a Michael Bay movie.

But I still kind of like it. I know the gut reaction is to cry out

about how shallow the app is, but whatever — most deep relationships start in the shallow end, and if two people just want to fool around in the pool, laughing Danger in the face, more power to them. My only issue — and what made me think about dating shrinking — is that there is no risk on Tinder. The app lets you approach the most beautiful woman within 100 miles, and she can't laugh in your face. She can screenshot you to Instagram, sure, but it doesn't have quite the same impact.

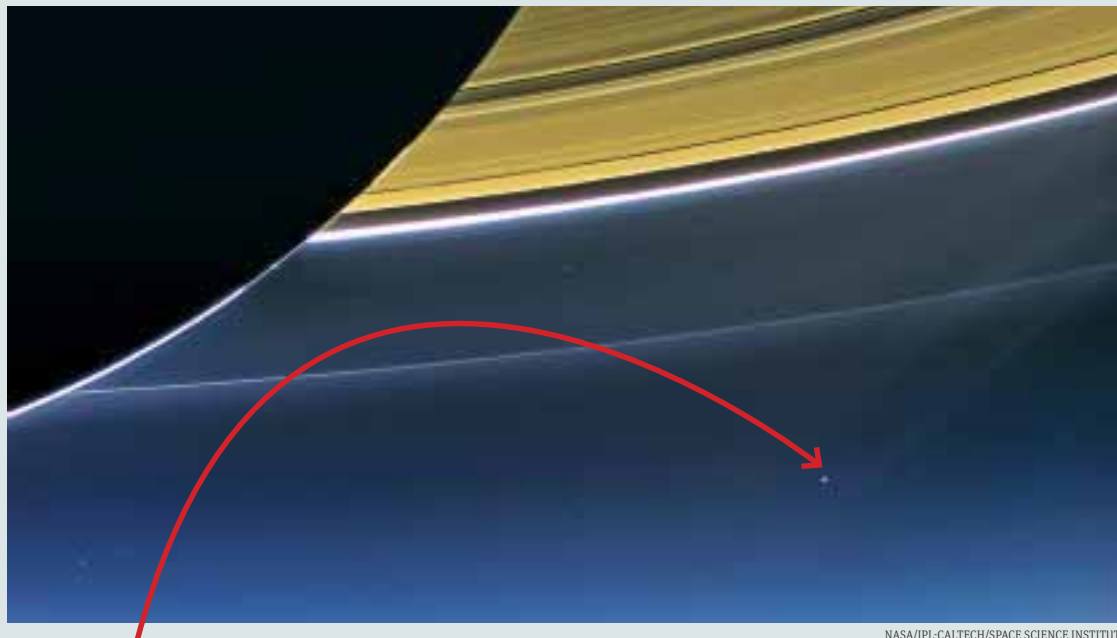
I remember how BIG dating seemed when I was in my early 20s. Asking someone out was an enormous mountain to climb — a difficult task when your palms are sweaty and you're hyperventilating.

So what's it like for a young person now? How do relationships feel when so many are started online, before you're as jaded as a 30-something? I'm not judging. I'm genuinely curious.

Once I dreamed of putting my hand on the cheek of a beautiful woman, like Romeo and Juliet. Now I swipe my thumb across her face. Dating may be shrinking, but these are big thoughts for Lauren and I to consider. We're going to be very happy together. Not her dog, though. I swiped it left.

## ZOOM

### Your hair looks great, from Saturn



NASA/JPL-CALTECH/SPACE SCIENCE INSTITUTE

#### Cassini spacecraft snaps our planet

NASA has released a rare image of Earth and the Moon taken by a spacecraft orbiting Saturn. In the picture by NASA's Cassini spacecraft, the planetary objects, shining as bright beacons from millions of kilometres away, appear as mere dots — Earth a pale blue and the moon a stark white, visible between Saturn's rings. **METRO**

#### Photo op



"It thrills me that people worldwide took a break from their normal activities to go outside and celebrate the interplanetary salute between robot and maker." Carolyn Porco, Cassini imaging team lead at Space Science Institute

#### Public waves from grand distance

The photograph made on July 19 marked the first time people knew in advance that their long-distance picture was being taken. The public was asked to wave at Saturn after finding the ringed planet in their part of the sky, in an event scientist and Cassini imaging team leader Carolyn Porco described as an "interplanetary cosmic photo session." **METRO**

#### Long shot

### 1.5 billion

kilometres is the distance from Earth that NASA's Cassini spacecraft captured the colour images from its perch in the Saturn system.

#### Clickbait



**ANDREW FIFIELD**

andrew.fifield@metronews.ca

So, has last week's Sharknado frenzy left you frothing for more laughably awful dialogue and willfully dodgy special effects, all served up with a sly wink? Luckily, Netflix has your back with these available-to-stream gems.

#### Student Bodies

A merciless parody of early slasher flicks starring *The Breather*, a faceless killer with a MacGyver-like mind for improvising murder weapons used to dispatch a selection of standard-issue pretty '80s studs and ladies. Agonizingly hilarious, it was *Scream* before *Scream* existed.

#### Rubber

Robert the sentient air tire goes rogue, leaving a bloody trail of high-concept

deaths across the Mojave Desert. It's as absurd as it sounds.

#### Tremors 2

Aftershocks - *Tremors* was an instant classic, and if you think otherwise then I invite you to bounce a basketball across the film's Nevada setting. And while the sequel is one depressing degree removed from Kevin Bacon, the giant subterranean carnivorous worms pose just as big a problem as always.

#### Letters

The Conservative government's mismanagement of the North has made its cost of living soar and caused shortages of basic services, hurting families and jeopardizing the economic potential of the region. His bungling of adjustments to the federally-funded Nutrition North program has sent food prices skyrocketing, some reportedly as high as 250 per cent.

Grossly inadequate housing has left too many without a place to live.

Too many communities still lack access to fast, reliable Internet service, undermining business development and skills training. And a lack of basic health and mental

health services is undermining the foundations of communities — the very basis of their prosperity.

With bountiful natural resources and a quickly growing population, the North is building a strong economy. Yet its full potential cannot be realized if families cannot afford healthy food, cannot find a place to live and cannot get the supports they need.

Mr. Harper needs to be more than a tourist when he visits the North for his annual Arctic photo op later this summer.

**Yvonne Jones, MP  
Liberal Party of Canada Northern  
Development Critic  
Mary's Harbour, N.L.**

**WE WANT TO HEAR FROM YOU:**

Send us your comments: [londonletters@metronews.ca](mailto:londonletters@metronews.ca)



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# The Nicest sounds you'll hear

**EP release.** Hip-hop group draws on influences like Beastie Boys and Rage Against the Machine



**BACKSTAGE PASS**

Mila Petkovic  
london@metronews.ca

The Nicest may seem like an unusual name for a hip-hop group.

"It's a slang term in hip hop, but I think that'd also be something to brag about instead of boasting about being bad, especially in rap," says the group's Tim Tansy.

Their unique sound fuses hip-hop beats with punk and metal elements, drawing inspiration from bands like the Beastie Boys and Rage Against the Machine. And the messages are fresh, too.

"We're not just writing songs about going clubbing and girls," Tansy says.

Rappers Tansy and Kyle O'Rourke met while playing a fundraiser to help Goderich rebuild after a 2011 tornado.

Now, the group's releasing an EP on Friday at Call the Office (216 York St.). Other contributors include Mad Hattr (Adam Tanton) and DJ Hullewud, who help make beats, produce the music and coach the two rappers.

"We are kind of like animals so we need a handler," jokes O'Rourke, who grew up on a farm near Bayfield.

Before crossing over to hip hop, O'Rourke was hard-core into punk.

"I would play with my brothers after school from 4 to 10 p.m. My dad would have

to turn off the lights at the top of the basement to signal us to stop. When my bros left home I went down and played drums by myself with headphones on," says O'Rourke.

It wasn't until he came across the album *Renegades* by rap metal band Rage Against the Machine at age 16 that he started getting into rap, inspired by the intense vocals of Zack de la Rocha.

Tansy used to be in a metal band and sees hip hop, punk and metal as similar despite the stylistic differences.

"It's music for kids lashing out at society, trying to get their voices heard," says Tansy, who has always been into the lyrical aspect of music.

Many of the songs on the EP like *No Swag*, *Going No Where* and *Tell Me Why* touch on similar themes like getting away from society's view of success, which is often very career orientated and measured by monetary gain.

"Not everyone grows up to be exactly what they want. But you can have a really great life outside of what people would view as successful," Tansy says.

"We aren't doing hip hop for money. I was a dishwasher when I started rapping. Now I'm a cook."

#### If you go..

- **Release party.** The EP release party starts at 9 p.m. and will include performances by Teenburger, Ngajuana, Madhattr, World Salad Wize Boyz and Kings of Nothing. Tickets are \$5 in advance and \$7 at the door.



Nicest is comprised of, from top down, Kyle Kanevil (Kyle O'Rourke), Madhattr (Adam Tanton), DJ Hullewud (Jayme Hull) and Shanktooth (Tim Tansy). COURTESY: THE NICEST

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Jared Leto ALL IMAGES GETTY

## Leto lets us in on his troubled, drug-fuelled past

It turns out Jared Leto's own teenage years were a lot more dramatic than what he played on *My So-Called Life*. In a Letter to my Younger Self for the U.K.'s *Big Issue*, Leto admits to a pretty rocky adolescence. "If I met the teenage Jared now the first thing I'd notice would probably be that my wallet was missing," he writes. "I was in trouble quite a bit with the authorities, any person who made rules or the law."

Probably a lot of my behaviour was related to doing drugs." Leto even cops to considering some different career paths. "I was at a crossroads in life when I was 16," he admits. "I didn't know I was going to be an actor. I thought it might be an artist or a painter. Or maybe a drug dealer. But I didn't know which path I would take. It's just fortunate that I chose one over the other."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## The Word



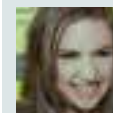
## Bynes being held after fire incident in California

Amanda Bynes' return to California went south pretty fast, with the troubled actress detained by police and put on a 72-hour psychiatric hold after reportedly trespassing and setting a small fire on a neighbour's property, according to police reports obtained by TMZ. "I see this girl with her pant leg on fire and a gas can trailing fire through the driveway," local resident Andrew Liverpool tells E!

News. "She put the fire out on her leg and was rushing over to her dog. I kicked the gas can over and moved it to the middle of the driveway so nothing else would catch on fire. I said, 'Are you OK?' She was kind of frantic and discombobulated." Bynes allegedly attempted to flee the scene in a taxi, with police cars chasing after. The troubled actress returned to California because she "was unable to find any place to live in New York City because of her bizarre behaviour," a source tells Radar Online. "No one would rent an apartment to her. She does own a house in Calabasas. It's unclear how she got to California from New York."



## Twitter



@lenadunham

Makeup artist pointed to my pimple. Other makeup artist said "yeah, that's the one I was telling you about yesterday."



@rihanna

So I have to wait 'til August 5th to get the 2nd season of "Girls" on Apple TV????!!!! Whyyyyyyyyyyyyy?????



@JuddApatow

North West will dominate the royal baby in all aspects of life. Style, athleticism, sense of humor, flow, sexiness, height, math & hustle.



Lisa Kudrow

## Kudrow urges all to forget about Friends the movie

Lisa Kudrow wants to be clear: There won't be a *Friends* movie, so please stop asking about it. "I knew there wasn't ever a movie. There was never a *Friends* movie. Ever. So I've always known it's not happening," she

tells CNN. "With this last rumour someone came up with a great graphic with the couch and it looked like a real teaser. And then someone came up with a fake story and got some publication to buy the lie that there was going to be a reunion. And I went, 'Wait a minute, was I not invited? Oh my God, maybe there is one and I wasn't asked to do it.' I even had a moment where I believed it because everything around it looked real. It was a good setup."

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## This trend's got staying power

If you follow beauty blogs and magazines, you may have noticed that primers are the new "must" makeup artists swear by. We test out five to see which can stand the heat and humidity

ROMINA MCGUINNESS  
Metro World News

### By Terry Hyaluronic Hydra-Primer

The press release says the formula will reduce enlarged pores. But after putting it on, mine still looked like gaping holes. The formula felt heavier than I expected, but it gets high marks for staying power. Twelve hours and a sweaty yoga class later, I still had a full face of makeup on. \$59, spacenk.com



### MAC Prep + Prime Skin Primer

Everything about this is shimmery — the packaging, tube and cream all contain glitter. So I expected this to give my skin a glow as well. No dice. But I liked that this primer made my skin feel smooth and oil free. However, it took me twice as long to wash my makeup off. \$29, maccosmetics.com

### Estée Lauder Illuminating Perfecting Primer

Is that a glow I see? This primer brightened up my face and anchored down my BB cream, stopping it from sliding off my face. The texture is thick, but not pore-cloggingly so, and the formula, which includes shea butter, made my skin feel softer than usual. But I could do without the mattifying effect, which was too powdery for my taste. \$32, esteeclauder.com



### Stila One Step Correct

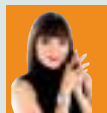
This formula made my makeup look natural and healthy, leaving a dewy, smooth finish. And the colour correcting mousse managed to hide the stubborn red patches around my nose. Best of all, it lasted all day and I forgot I had anything on. \$36, stilacosmetics.com

### Benefit 'That Gal' Brightening Face Primer

I tried this on a bad skin day. I was looking a bit sallow. But after trying it on, my cheeks looked rosy. It also gave my skin a smooth surface, hiding my scars and minimizing the size of my pores. Come bedtime — even after I had washed my face — my skin hadn't lost its glow. \$29, benefitcosmetics.com



### Twitter



**JEANNE SPACE**  
Jeanne Beker  
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.



Amazing neon set features B+W videos on each side for CUs. @JTimberlake + @JayZ rock the stage. Electric! @WILLIAMRast



Stylish Gordon Pinsent wants to know what you think of his new glasses, purchased in Florence by @donlon #CoolLegend

### Trends Report

- One of the silly trends circulating the web is something called "bitchy resting face". Do you suffer from this, or do you even know what it is? Go online to Trends Report to find out, and if you do have BRF, read my tips on how to mask it.



Visit [metronews.ca/voices/trends-report](http://metronews.ca/voices/trends-report) to find out more.

Follow Irene on Twitter at @MetrolreneK



SCREENGRAB VIA BROKEN PEOPLE ON YOUTUBE



# All the comforts of a 5-star hotel

**Prepared.** Staying in a one-star? We've got you covered



**DESIGN CENTRE**  
Karl Lohnes  
home@metronews.ca

Hunting for inexpensive travel accommodations is getting easier with the trendy pod-style, micro-tiny hotels popping up in popular destination cities, as well as options of living in someone's home from sites like AirBNB.com.

But not all places have the comforts of a 5-star hotel; truth be told, most would get between one to three stars. But shared bathrooms, living in a stranger's home and summer dorm rentals are a common and inexpensive way to see the world.

Here's a few travel companions to pack if adventuring out to stay at alternative accommodations. They're guaranteed to help turn a two-star room into a five-star hotel experience.



With a few items, you can survive the bare bones travel accommodations. ISTOCK IMAGES

## Your senses

Add a small bottle of water and rid any room of dry air.  
**AIR-O-SWISS ULTRASONIC TRAVEL HUMIDIFIER, \$70. THEBAY.COM**



Create a relaxing scent in your room, no matter where you might travel.  
**ESSENTS AROMATHERAPY HANGING TINY DIFFUSER, \$17. AMAZON.CA**

Block out the lights of Broadway and the unfamiliar city sounds.  
**EYE MASK WITH EARPLUGS, \$8. SAMSONITE.CA**



## Your comfort

Make the bed feel like home and bring your pillow case; a great idea for those with skin sensitive to certain fabric types or detergents. Bonus: it becomes your dirty laundry bag at the end of the trip.

**SEASONS STANDARD FLANNEL PILLOWCASES, \$25/SET, BEDBATHANDBEYOND.CA**



Never sure of a comfortable mattress? For minimal space and weight, bring your own mattress; layer it on top of your existing bed or on the floor. Its also a great way to fit extra guests in your room, saving more money.

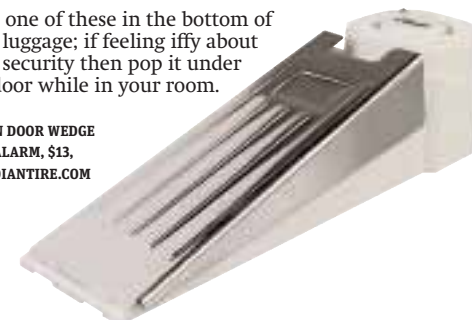


**PAKMAT AIRBED, \$125, FOUND AT TARGET.COM**

## Your security

Keep one of these in the bottom of your luggage; if feeling iffy about your security then pop it under the door while in your room.

**SWANN DOOR WEDGE STOP ALARM, \$13, CANADIAN Tire.COM**



Stick a Bluetooth button inside luggage or attach to valuables and let your wireless device keep track of their travels. Stick-N-Find

**BLUETOOTH LOCATION TRACKER, \$50/2 BUTTONS, BROOKSTONE.COM**

## Your style

Keep your clothes organized to pack in your luggage, then on display when you arrive.

**JETPACK COMPRESSIBLE PACKING SHELF, \$40, HEYS.CA**



Freshen up your clothes with steam or quickly iron out the wrinkles.

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# Quit playin' games with your lawn: learn to landscape

## DIY ideas.

Landscaping can be a big investment, so it's important to determine what's right for your yard before making any final decisions

Plan for your next landscaping project with eight essential tips from Yardcore on DIY Network Canada.

### 1) Set a boundary

It's important to define a border between your lawn and your garden using edging.

This can be for esthetic purposes, as well as to keep grass from creeping into your flower beds.

There are multiple options for edging when it comes to material and price, including a cheaper plastic or a more expensive steel or stone.

### 2) Water it down

It's crucial to make sure your lawn gets enough water dur-

ing hot summer months.

Many simple irrigation systems include a timer feature that allows you to schedule when your lawn should be watered.

### 3) Keep it healthy

Mulch is a protective covering that not only enhances the decor of your landscape, but also helps to maintain and enrich the soil by preventing the evaporation of moisture, controlling weeds and stabilizing soil temperatures.

### 4) Quality soil

Investing in higher quality soil from the beginning makes it more likely for your plants to grow well and can prevent you from having to replace a cheaper option if the roots of your plant can't penetrate the soil.

### 5) Drain away

Spread a layer of soil in places where the ground is lower than usual in your planting space.

This will help even out the soil and improve drainage.

### 6) Under the sun

## Keep a budget

- Landscaping can become an expensive undertaking. By keeping a budget and planning your projects before you execute, you'll be able to determine what the best investments will be for your landscaping needs.

Consider the amount of sunlight your plants will receive when choosing what to plant and the location.

If your plants receive too little light, they won't thrive. On the other hand, if they receive too much light they may burn.

### 7) Keep it well maintained

It's important to recognize how much time you are able to devote to maintenance of your yard.

Certain features such as a pool, wood deck or large vegetable garden require a great deal of upkeep to continue to look well-maintained.

YARDCORE AIRS THURSDAYS AT 10:30 P.M. ET/PT ON DIY NETWORK CANADA



Use the edging technique to set a boundary between your lawn and garden. Not only does it look good, but it will keep grass from creeping into your flower bed. ISTOCK IMAGES

## Rolling out

### Toilet paper too dull?

Beyoncé reportedly asked that all bathrooms be stocked with red toilet paper during her Mrs. Carter world tour. Is she a demanding diva? Or just fashionable.

There isn't a lot of choice when it comes to the world of toilet paper — especially from a decor perspective. But this summer, Renova — a European paper company — is making its North American debut, rolling out its line of coloured paper

products in Loblaws, Metro and Walmart.

Options include fuchsia, green, blue, purple, orange, red and black three-ply toilet paper. The rolls also have a light scent and touch of moisturizing lotion. Pop on a roll when you're hosting a party, staging your home, or just trying to brighten the room.

The company says the rolls are eco-friendly and dermatologically tested. They also sell scented pocket tissues, colourful paper serviettes and animal-print toilet paper for kids. METRO



Add some orange toilet paper and brighten up the room. HANDOUT

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# Doing the chicken dance with some mushrooms and a lettuce bowl

"(Lettuce Bowls with Shiitake Mushrooms and Hoisin Chicken are) a fast day version of a Chinese standard, and perhaps one for a day when you're feeling frilly and creative," writes Mimi Spencer in The FastDiet Cookbook. "You could add ... chopped water chestnuts for extra crunch — they're barely a blip on the calorie radar."

1. Heat a wok and spray with oil. Add the ginger and garlic and stir-fry for 30 seconds.

2. Add the cabbage, carrot, mushrooms, and bean sprouts.

Stir-fry for 2 minutes, till the vegetables are just cooked but retain their bite. Season with pepper and add hoisin sauce.

3. Add the shredded chicken and toss to mix.

4. Place 2 or 3 iceberg lettuce leaves in a wide-rimmed cup, making a bowl effect. Spoon the chicken mixture into the bowl and serve with a scatter of toasted sesame seeds. **ALL RECIPE TEXT COPYRIGHT © 2013 BY MIMI SPENCER LTD FROM THE FASTDIET COOKBOOK PUBLISHED BY ATRIA BOOKS, A DIVISION OF SIMON & SCHUSTER, INC.**

## Ingredients

- Spray oil
- 1 tsp grated fresh ginger
- 1 tsp minced garlic
- 1/4 head Chinese cabbage, shredded
- 1 carrot, julienned
- Scant 2 oz (50 g) oyster mushrooms, chopped
- Scant 2 oz (50 g) shiitake mushrooms, stemmed and chopped
- Scant 2 oz (50 g) bean sprouts
- Ground white pepper
- 1 tbsp hoisin sauce
- 1 cooked chicken breast, shredded
- 2 or 3 iceberg lettuce leaves
- 1/2 tsp toasted sesame seeds

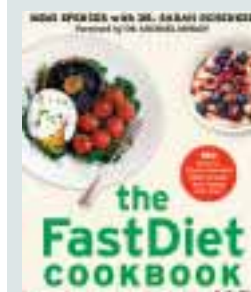
## Lettuce Bowls with Shiitake Mushrooms & Hoisin Chicken



This recipe is only 329 calories per serving. COPYRIGHT © 2013 BY ROMAS FOORD FROM THE FASTDIET COOKBOOK PUBLISHED BY ATRIA BOOKS, A DIVISION OF SIMON & SCHUSTER, INC.

## Cookbook of the Week

A new approach to weight loss



Dr. Michael Mosley's message is that it's possible to lose weight and reduce your risk of diabetes, cardiovascular disease and cancer, all while eating what you would normally eat five days a week. You simply cut your caloric intake two days a week — to 500 calories for women, 600 for men.

The new book, The FastDiet Cookbook, which was written by Mimi Spencer with Dr. Sarah Schenker, boasts 150 carefully crafted, nutritious, low-calorie recipes that range from simple breakfast to suppers. **METRO**

## Dinner. 247-Calorie Chicken Puttanesca



1. Preheat the oven to 350 F. Heat the olive oil in a shallow, heavy casserole.

2. Add the anchovies and garlic and gently cook for 2 to 3 minutes, till the anchovies have melted but the garlic has not browned. Add the tomatoes, olives, and capers, turn down the heat, and simmer gently. Add the chicken thighs and stir well to combine.

3. Place lid on casserole and position on a middle shelf in the oven. Cook for 15 minutes.

4. Remove from the oven and give the chicken a good stir so it's well coated in the juices. Return to the oven, uncovered, and cook for 20 minutes more. Allow to cool for a few minutes before stirring in the basil leaves. Taste for seasoning and serve.

## Ingredients

- 1 tbsp extra virgin olive oil
- 20 anchovy fillets, drained (fewer for a milder flavor)
- 4 cloves garlic, coarsely chopped
- 1 lb 5 oz (600 g) cherry tomatoes
- 3/4 cup good-quality mixed marinated pitted olives
- 2 tbsp capers, rinsed and drained
- 12 skinless, boneless chicken thighs
- Leaves from 1 small bunch fresh basil
- Salt and pepper

# Skinny Bouillabaisse: keep rich flavour, cut back calories

"My sister Debs is incredibly skilled in the kitchen, having trained in the world-renowned kitchens at Ballymaloe in Ireland," writes Mimi Spencer in The FastDiet Cookbook.

## Ingredients

- 11/2 tsp olive oil
- 1 onion, thinly sliced
- 1 bulb fennel, trimmed and thinly sliced
- 4 cloves garlic, minced
- 1 tsp grated fresh ginger
- 1 red chile, finely chopped
- A generous pinch of saffron threads
- 1 tsp sweet paprika
- One 14-oz (400 g) can diced tomatoes
- 51/4 cups (1.25 liters) fish or vegetable stock
- 1/2 tsp sugar
- 1 bay leaf
- Salt and pepper
- 14 oz (400 g) white fish fillet, cut into chunks
- 8 mussels, scrubbed
- 8 large raw shrimp, peeled and deveined, tails left on
- A handful of fresh flat-leaf parsley, chopped
- Lemon juice, for serving

"This soup is designed to bring all the rounded, rich flavour of a traditional French fish stew to your low-calorie fast day soup bowl. ... Notice the calorie count. Sing."

1. Heat the olive oil in heavy-bottomed saucepan over medium heat. Add the onion and fennel and cook, stirring occasionally, for about 5 minutes, till softened but not coloured.

2. Add garlic, ginger, chile, saffron, and paprika and cook for 2 minutes more, till fragrant.

3. Stir in the tomatoes, stock, sugar, and bay leaf, scraping the pan with a wooden spoon to release any stickiness on the base.

4. Season and simmer for 20 to 25 minutes. Gently lower the fish, mussels, and shrimp into the soup, cover the pan, and cook for 2 to 3 minutes till the fish and shrimp are just opaque and the mussels have opened (discard any that have failed to open). Check the seasoning and serve with a scattering of parsley and a squeeze of lemon juice to taste.

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Graham DeLaet is one of 18 Canucks in the field at the 2013 RBC Canadian Open at Glen Abbey Golf Club. DAVID COOPER/TORSTAR NEWS SERVICE

## Pressure on Canucks to end long drought

**Canadian Open.** Last homegrown talent to win tournament was Vancouver's Pat Fletcher in 1954

National opens always put pressure on the homegrown players, but the expectations are particularly high this week at Glen Abbey Golf Club in Oakville.

There are 18 Canadians in the field for the 2013 RBC Canadian Open — one of the largest home-country turnouts in

the modern history of the tournament — and they're all looking to end a 59-year drought. No Canadian has won the event since Pat Fletcher of Vancouver in 1954.

If anyone can understand the high expectations it's former Masters champion Mike Weir.

"There is that added feel and pressure, no question," the Brights Grove native said Wednesday. "It can be a good thing though to get the crowd behind you," he added. "Get some momentum going, and you can feed off the crowd."

Weir is joined by fellow Ontarians David Hearn from

Brantford, Mackenzie Hughes from Dundas, Toronto's Albin Choi, Ottawa's Brad Fritsch, Peter Laws from Milton, Brian Hadley from Sarnia and amateur Corey Connors of Listowel.

British Columbia is also well represented with Abbotsford's Adam Hadwin, Victoria's Kevin Carrigan, Merritt's Roger Sloan, Comox's Riley Wheelodon, as well as North Vancouver's Bryn Parry and Eugene Wong and amateur Adam Svensson from Surrey in the field.

Calgary's Stephen Ames, Graham DeLaet of Weyburn, Sask., and Eric Banks of Truro, N.S., will also tee off Thursday on the 7,253-yard, par-72

course.

The added burden on the Canadians has not gone unnoticed by others in the 156-player field. Hunter Mahan, from Dallas, feels that Canadians are under more pressure to win the Canadian Open than Americans are to win the U.S. Open.

"I don't feel like there is a pride factor (in the U.S.) like there is in Canada," said Mahan.

"You know, when you have a drought that long, I think you have to start really wanting it and start hoping. It becomes a focus of everyone this week, so I think they have a great chance." **THE CANADIAN PRESS**

### MLB

### Selig's lips sealed on Braun's ban

Commissioner Bud Selig defended baseball's fight against performance-enhancing drugs on Wednesday, declining to discuss the recent suspension of Brewers outfielder Ryan Braun or whether other stars will also face penalties.

Braun was suspended for the rest of the season Monday, a total of 65 games, for violating baseball's anti-drug policy.

Selig said he could not discuss the ongoing investigation.

Selig said he was proud of baseball's drug testing program. Since the program was first implemented in 2004, 32 major-league players have been suspended for using banned substances. Three were suspended a second time.

"So I'm proud of what we've done, we will continue to enforce the program," Selig said.

**THE ASSOCIATED PRESS**

### MLB

### Morrow's forearm to get second look

Brandon Morrow will be re-examined as the Toronto Blue Jays try to pinpoint exactly what's wrong with the starting pitcher's sore right forearm, general manager Alex Anthopoulos said.

Morrow still isn't feeling 100 per cent almost two months after experiencing discomfort and being placed on the disabled list.

Morrow made 10 starts for Toronto this season, going 2-3 with a 5.63 ERA.

**THE CANADIAN PRESS**

## Hernandez's probable cause hearing delayed



Aaron Hernandez in court on Wednesday. **THE ASSOCIATED PRESS**

A judge on Wednesday gave prosecutors more time to present evidence to a grand jury in their murder case against former New England Patriots tight end Aaron Hernandez.

Hernandez was in court for what was supposed to be a probable cause hearing, but prosecutors said the grand jury is still considering the evidence against him.

Judge Daniel O'Shea considered defence objections to a delay but decided to reschedule the hearing for Aug.

### Quoted



Patriots head coach Bill Belichick

**"Ultimately, the judge or the jury will determine the accountability."**

22. Hernandez will continue to be held without bail until then.

Hernandez has pleaded

not guilty to murder in the death of Odin Lloyd, a 27-year-old Boston semi-professional football player whose body was found June 17 in an industrial park near Hernandez's home. He had been shot five times.

Bristol County Assistant District Attorney William McCauley said additional evidence includes boxes of ammunition found at a condominium Hernandez leased and a magazine for a .45-calibre Glock in a Hummer registered to him. Authorities

said Lloyd was killed with a .45-calibre gun, though it apparently has not been recovered. McCauley said the ammunition box had Hernandez's fingerprints on it.

Hernandez attorney James Sultan objected to the delay, saying his client has already been jailed for four weeks and that the district attorney could have waited to bring charges, but chose to go ahead last month.

"He made it sound like a slam dunk case," Sultan said.

**THE ASSOCIATED PRESS**

## Horoscopes

### Aries

March 21 - April 20

If you approach a difficult task with confidence today, you will do an excellent job of it and impress a lot of people. But don't go over the top and go around shouting what a winner you are. Be modest.

### Taurus

April 21 - May 21

There are some annoying people out there and you must promise yourself that, whatever the provocation, you won't lose your cool. If you do, you may lose other things too.

### Gemini

May 22 - June 21

Your ideas may be good but you need to find ways to make them pay. It shouldn't be difficult but bear in mind: some people will be negative, no matter how much you achieve.

### Cancer

June 22 - July 23

Be extra careful with your cash, investments and other commercial interests today. Most importantly, don't let anyone push you into signing something you are not 100 per cent sure about. Just say "no".

### Leo

July 24 - Aug. 23

You may think you can force others to go along with your plans, but it's not the best strategy. If they don't want to accompany you on your journey, they would be a liability anyway.

### Virgo

Aug. 24 - Sept. 23

Turn your back on the past and move into the bright future that awaits you. You can't do it all at once, but you must be serious about it. There have been far too many false starts.

### Libra

Sept. 24 - Oct. 23

Everyone you meet seems determined to point out where you've been going wrong. But you don't have to agree with them. Smile sweetly, nod in agreement then carry on doing what you're doing.

### Scorpio

Oct. 24 - Nov. 22

You may be bored and looking to inject excitement into your life but don't go too far and annoy people on whom you may depend. That is especially important on the work front.

### Sagittarius

Nov. 23 - Dec. 21

The message of the stars today is that you should keep your head and not try to impose your will on others. However big and tough a Sag you may be, there is always someone bigger and tougher out there.

### Capricorn

Dec. 22 - Jan. 20

It's not like you to make a drama out of a crisis but the cosmic picture is making it hard to see anything but problems. Think positive and circumstances will improve.

### Aquarius

Jan. 21 - Feb. 19

Someone may be acting selfishly but there is no need to provoke a fight. That could be exactly what they are hoping for as they need to take their aggression out on someone.

### Pisces

Feb. 20 - March 20

The answers you get depend on the questions you ask and if you ask intelligent questions about your life and the direction it is moving, you will get all the answers you need today. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

- Coliseum, e.g.
- Part of BYOB
- Exchange
- Tropical tubers
- Approximately: 2 wds.
- Roll Call list-ee's response
- Swimming style, quite literally
- Largest continent
- "Forget it!", colloquially: 2 wds.
- Go in
- Person-on-a-pulley fun
- Central Alberta town
- General of Canada
- Clan on "Dallas"
- Mr. Gooding Jr.
- "Able was \_\_\_\_" (Palindrome start)
- Carried out
- Pushes beyond the limits
- Eliminate
- Lettered-land 'til 1991
- Phyllis Diller's husband's name from her stand-up act
- Skin care company
- CFB \_\_, in Ontario
- Committees
- War of 1812 vessels: 2 wds.
- "Rock You" Canadian hard rock band
- name (Alias)
- Herman Melville



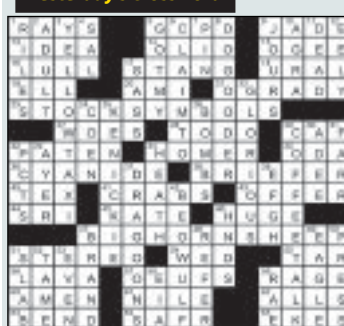
### Down

- Egyptian sun god, variantly
- Kind of shark
- Advantages
- Earth-to-sky 'meeting' place
- Bumpkin
- Mythical monster
- Miley Cyrus song: "Party in the \_\_\_\_"
- Plunder
- "Remember (Walking in the Sand)" by The \_\_\_\_-Las
- The \_\_\_\_ Coast
- India. (Singer/songwriter)
- Seckel is a sort
- Orchestra section
- Seven: French
- Compass point
- Some lizards
- "It's \_\_\_\_ deal" (Don't worry about it)
- Drizzling dogs experimenter, \_\_\_\_ Pavlov
- Resulted in, \_\_\_\_ to
- Actor, Stephen \_\_\_\_
- Li'l job
- Pot

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).

BY KELLY ANN BUCHANAN

## Yesterday's Crossword

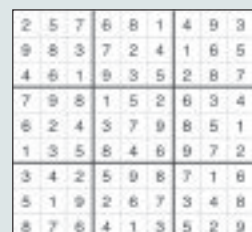


## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



**Today**

24°/12°

Variable

**Friday**

24°/15°

Sunny

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# RIVALRIES BEYOND BORDERS



A black and white photograph of two NHL players in action. On the left, a Toronto Maple Leafs player in a white jersey with the number 42 is shown in a defensive stance. On the right, a Detroit Red Wings player in a red jersey with the number 17 is shown in an offensive stance, holding the puck. The background features a large, stylized maple leaf logo for the Toronto Maple Leafs and a large, stylized winged wheel logo for the Detroit Red Wings.

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